

the senior pipeline



January 2021

Walk & Talk Nutrition
Downsizing Seminar
Drive-Thru Surprise!



Hurst Senior Activities Center

700 Heritage Cr.
Hurst, TX 76053
817.788.7710
<http://hursttx.gov/hsac>

Operating Hours

The Senior Center is currently closed.
Re-opening is yet to be determined.
Please see inside for details on our new Virtual Programs.

Get connected with HSAC!



See inside for the calendar of events and programs.

Find us, like us, and share us on Facebook:
[@HurstSeniorActivitiesCenter](https://www.facebook.com/HurstSeniorActivitiesCenter)

the senior pipeline

Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Fun & Fitness for 55+

Customizable group fitness workout with exercises that can be performed standing and/or sitting. Prepare your space with room to move, weights, and water.

Instructor: Rosy Pritchett

92091 // M // 9 - 9:45a // FREE

92090 // W // 12 - 12:45p // FREE

Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for all fitness levels from beginners to advanced. Class features easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Instructor: Rosy Pritchett

92095 // F // 9 - 9:45a // FREE

Chair Yoga

Yoga with modifications. While seated on chairs, students will do twists, hip stretches, forward bends, mild backbends and other poses. Keep a water bottle near.

Instructor: Debbie Melchiorre

92092 // T // 1 - 2p // FREE

92093 // TH // 1 - 2p // FREE

Walking Group

We'll meet at the front of the Senior Center and walk at the Hurst Community Park, located behind HSAC. Walk at your own pace. While we try to walk at least two miles, the mileage is up to you. Feel free to return to HSAC where your car is conveniently parked at anytime during the walk.

92096 // M // 4p // FREE

92094 // F // 11a // FREE

Walk & Talk Nutrition and Exercise

Kick off the New Year by joining this nutrition and exercise program. This program is an 8-week series. Each week we will meet and talk about a different nutrition topic. The "walk" part of the program can be done on your own or you can meet with the Walking Group on Mondays/Fridays. Be sure to track your miles and report them to our program coordinator. Program begins 1/7/21 and ends 2/25/21.

Instructor: Tiffany Lankford

94115 // TH // 10 - 10:30a

Recipe of the Month

Join us in the HSAC kitchen as we share what we're cooking up this month! Each month we'll feature a different recipe. You can watch or make it along with us. Ingredient list is provided and recipe will be emailed to you after you have registered for the class.

Recipe of the Month: Soft Dinner Rolls

Ingredient List:

Whole Milk

Yeast

Granulated Sugar

Large Egg

Salt

All purpose flour

Butter (optional)

Instructor: Tammy McDonald

95102 // M 1/11 // 11a - 12p

Virtually connect with HSAC!

All classes meet via Zoom meetings

Collette Tours Spotlight on Tuscany

Have you dreamed of going to Italy? Now is the time! Come to this special travel presentation to hear all the details of this fabulous tour planned for August 25 to September 2 of 2021. Highlights of the tour include Florence, Pisa, Winery, Cheese Farm and more! Come to this Zoom meeting to hear all about this fabulous trip.

Instructor: Karen Barclay
94116 // T 1/5 // 10 -11:00a

Downsizing with the Sullivan Team

You're thinking about selling your home. Maybe you're retiring, downsizing or a major life event has made you consider a move. Come to this meeting where Senior Real Estate Specialists® Ingrid and John Sullivan will share their unique training and experience to help you prepare for this life change.

94077 // TH 1/14 // 2:30 - 3:30p

Woodworking

All are welcome from beginners to experienced carvers. Beginning projects and handouts will be provided for those who are learning. Please make arrangements with instructor and HSAC to pick up the kit. We will have tips on carving rough outs and finishing your projects as well.

Instructor: Mike Donnelly
91109 // F // 10 - 11a

Retirement Education Center

This 1 - hour class will provide retirees with information regarding a retirement planning process. Retirement is different today than it has been for previous generations, and likely will continue to change. Because times have changed, this is a great opportunity to get a SECOND OPINION on your retirement and receive unbiased information addressing common concerns facing retirees and seniors today. This class will address the following:

- How do I navigate this market downturn?
- Are there any options out there that are not subject to market risk?
- Will this volatility in the market delay or affect my retirement?
- How do lower interest rates impact my income?
- Should I reconsider my level of risk?
- Do I understand the Secure Act and how it may affect me?

Instructor: Carson Graves
94113 // T 1/12 // 10 – 11a

Art Addicts/Coloring Therapy

No rules or instructions, just Zoom in and work on your project while visiting with others.

Instructor: Michelle Varley
91099 // TH // 11a - 12p

Ask the Pharmacist

Learn about current trending topics related to drugs, health and wellness. Sponsored by Mid-Cities Pharmacy.

Instructor: Aemad Aslam
94097 // T 1/19 // 10 - 10:30a

January 2021

Monday

Tuesday

Wednesday

<p><u>Notary Public</u></p> <p>Need something notarized? Service is free with a valid HSAC membership. Appointment is required. Call (817) 788-7710 to schedule.</p>		
<p>4</p> <p>9:00 Fun & Fitness for 55+</p> <p>4:00 Walking Group</p>	<p>5</p> <p>10:00 Collette Tours Spotlight on Tuscany</p> <p>1:00 Chair Yoga</p>	<p>6</p> <p>12:00 Fun & Fitness for 55+</p>
<p>11</p> <p>9:00 Fun & Fitness for 55+</p> <p>11:00 Recipe of the Month</p> <p>1:00 Tile Coasters</p> <p>4:00 Walking Group</p>	<p>12</p> <p>10:00 Retirement Education Center</p> <p>1:00 Chair Yoga</p>	<p>13</p> <p>12:00 Fun & Fitness for 55+</p> <p>2:00 Happy Birthday!</p>
<p>18</p> <p>9:00 Fun & Fitness for 55+</p> <p>11:00 Bead Mania</p> <p>3:00 Book Club</p> <p>4:00 Walking Group</p>	<p>19</p> <p>10:00 Ask The Pharmacist</p> <p>1:00 Chair Yoga</p>	<p>20</p> <p>12:00 Fun & Fitness for 55+</p> <p>2:00 At Home Indoor Scavenger Hunt</p>
<p>25</p> <p>9:00 Fun & Fitness for 55+</p> <p>4:00 Walking Group</p>	<p>26</p> <p>1:00 Chair Yoga</p>	<p>27</p> <p>12:00 Fun & Fitness for 55+</p>

Thursday

Friday

1 All Classes and Activities are cancelled



7

10:00 Walk & Talk Nutrition & Exercise
11:00 Art Addicts
1:00 Chair Yoga

8

9:00 Zumba Gold
10:00 Woodworking
11:00 Walking Group
1:00 Facebook Memorial Post

14

10:00 Walk & Talk Nutrition & Exercise
11:00 Art Addicts
1:00 Chair Yoga
2:30 Downsizing with the Sullivan Team

15

8:00 Early Registration
9:00 Zumba Gold
10:00 Woodworking
11:00 Walking Group

21

10:00 Walk & Talk Nutrition & Exercise
11:00 Art Addicts
1:00 Chair Yoga

22

9:00 Zumba Gold
10:00 Woodworking
11:00 Walking Group
12:00 Soup & Socks Drive Thru
2:00 Ornament of the Month

28

10:00 Walk & Talk Nutrition & Exercise
11:00 Art Addicts
1:00 Chair Yoga

29

9:00 Zumba Gold
10:00 Woodworking
11:00 Walking Group
2:00 Drive-Thru Surprise!

January Sponsors



Dave Parks, Owner
Tina Thompson, Director of Business Dev.
5712 Colleyville Blvd., Suite 120
Colleyville, TX 76034
O 817-349-7599
C 817-658-2971
E tthompson@homecareassistance.com

www.HomeCareAssistanceFortWorth.com

care@care
Insurance Company, Inc.

Kelli Blackwelder
Community Engagement Manager
Office: 817-632-3021
Email: kelli.blackwelder@cnchealthplan.com



Marie Veneralle
Licensed Insurance Agent
Dallas Fort Worth Area
Cell: (817) 812-7720
Email: mav9966@hotmail.com



Personal Training
(In home or Zoom)

Rosy Pritchett
Cell: 469-586-988
Rosy@FitnessVitality.com

the senior pipeline

Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Book Club

Each month we meet to discuss a book we have all read, share our opinions, and likes and dislikes of the book.

Discuss: Educated: A Memoir by Tara Westover

Read: The Book of Lost Friends by Lisa Wingate

Instructor: Tammy McDonald

94078 // M 01/18 // 3 - 4p

Happy Birthday!

We want to make a big deal out of your special day! If you are having a birthday this month, let us know so we can share our wishes to you on our Facebook page. We've also got a little bag of birthday fun to give to you. Registration is required to receive the birthday bag. Bags will be ready for pick up on 1/13, or contact HSAC to make arrangements for delivery. Sponsored by: Heritage Village Residences.

Instructor: Linda Provence

94119 // W 1/13 // 2p

At Home Indoor Scavenger Hunt

On your mark, get set, GO! It's a race to see who can find the items on the list the fastest. You must register in advance to participate. The list will be emailed and game instructions given to all participants simultaneously at the beginning of the Zoom meeting. Be prepared to dig in drawers and cabinets for some common and some not so common household items.

Sponsored by: Marie Veneralle, Golden Outlook

94118 // W 1/20 // 2p

Bead Mania

Join Diana and make this simple colorful bracelet. You will need wire cutters, round nose pliers, needle nose pliers (purchase a set at Hobby Lobby with a 40% off coupon). Pick up your bead kit Friday, 01/15 after 11am. Contact instructor if you need assistance getting the tools.

Instructor: Diana Conway

91108 // M 1/18 // 11 a - 12p // \$14

Tile Coasters

Create your own unique set of 4 coasters made from ceramic tiles. You will need to have a hot glue gun, glue sticks, and a pair of scissors. All other supplies are included in the project kit. Pick up your kit from HSAC on Friday, 01/08 after 11am.

Instructor: Diana Conway

91107 // M 1/11 // 1 - 2p // \$14 per set

Ornament of the Month

Each month we will create a different ornament. This month's ornament features a wooden spool and mini Christmas tree. You will need to have a hot glue gun, glue sticks and scissors. All other supplies are provided in the kit. Kits will be available for pick up from HSAC on Wednesday, 01/20 after 11am.

Instructor: Diana Conway

91106 // F 01/22 // 2 - 3p // \$7 per ornament

Contactless Events & Services

Just pull through the driveway at the front of the Senior Center

Drive-Thru SURPRISE!

We all love surprises and boy do we have one planned for you. The details are top secret and will only be revealed to those that sign up and drive-thru!

Sponsored by: Care n Care Insurance
95113 // F 1/29 // 2 - 3p

Facebook Memorial Post

A special Facebook post of remembrance has been planned to honor HSAC members that were lost in 2020. Please call and make the front desk aware of anyone that should be remembered. We ask that wherever you are on Friday, January 8 at 1pm, that you pause for a moment of silent meditation as we celebrate the lives of these special people.

94117 // F 01/08 // 1p

Book & Puzzle Exchange

Got puzzles or books you have read or worked and want to trade? Bring them to HSAC and exchange for a different one.

Exchange Hours
Monday—Thursday
10a—3p



Soup & Socks for Seniors Drive-Thru

Help to warm the feet of Seniors and Veterans in need by bringing a pair of new socks (men or women sizes) to be distributed through MHMR of Tarrant County and area nursing care facilities. Members are asked to bring a pair (or more) of new socks in exchange for a soup kit (includes DIY cup of soup mix and cornbread mix.) Participants must drive-thru under the porte-cochere to drop off the socks and pick up the soup kit. Please be sure to register so we will have enough soup kits for everyone. We kindly ask that you wear a mask and remain in your car at all times. If you are a member from Heritage Village Residences, please contact the Senior Center for alternate participation arrangements as walk up guests cannot be accommodated for this event.

Sponsored by: Homecare Assistance
95114 // F 1/22 // 12 - 1p

Battery Recycling Program

Have batteries you need to discard? Bring them to HSAC and drop them into the battery container located at the front door.

Drop Off Hours:
Monday—Thursday
10a—3p





COVID-19 Reminders:

- Stay home if you feel sick, have a fever, are coughing, have difficulty breathing, or if in the last two weeks you have been in close contact with a person with a suspected or confirmed case of COVID-19.
- Wash or disinfect hands upon entering the facility and after any interaction with employees, other patrons, or items in the facility.
- Maintain at least 6 feet of separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- Persons feeling feverish or with a measured temperature greater than or equal to 100 degrees Fahrenheit should seek medical attention.
- When/if you go out, wear a mask or face covering.

All advertised classes will meet via Zoom, with the exception of our Group Walk. A meeting ID and passcode are required in order to participate in our classes. To receive the meeting ID and passcode, please register for each class online or by calling the HSAC at (817) 788-7710.

Your participation in the virtual classes will be counted as a visit to the Senior Center. If you are a SilverSneaker, Renew Active or Silver & Fit member, your virtual visit will be reported to your 3rd party insurance partner and the Senior Center will receive compensation.

While we are offering these classes for free, there are costs associated with them such as paying the instructor, Zoom meeting fees, personnel salaries and facility costs. Should you desire to assist with covering these costs, a \$3 per class fee is suggested. Payment can be remitted at the time of